

Red Potato Salad

This non-creamy version of potato salad is a healthy side dish that compliments a piece of lean meat well.



Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 150

Fat 5 g

Saturated fat 1 g

Cholesterol 0 mg

Protein 6 g

Carbohydrates 35 g

Fiber 4 g

Sodium 278 mg

Small red potatoes, also known as “new” potatoes, have a firmer texture after boiling than baking potatoes. Watching your sodium intake? Look for Dijon mustard with less than 50 mg of sodium per teaspoon, or use honey mustard for a slightly-sweet flavor with less sodium.

Ingredients:

- 1 1/2 pounds red potatoes
- 1/4 cup Dijon mustard
- 1/4 cup low-sodium chicken or vegetable broth
- 1/4 cup white wine vinegar
- 2 Tablespoons extra-virgin olive oil
- 1 yellow onion, chopped
- 2 medium stalks celery, sliced
- 2 teaspoons capers
- 1/2 cup finely-chopped fresh parsley
- Chopped fresh dill, to taste
- 1/2 pound steamed green beans, cut in 1-inch pieces

Preparation:

Boil potatoes in their skins, covered, just until they can be easily pierced with a knife. Meanwhile, prepare dressing in a jar, combining mustard, broth, vinegar, olive oil, salt and pepper to taste; shake well.

Drain potatoes, then let them cool long enough to handle. Then, peel and cut them into thick slices. Place in a large bowl. Pour dressing over the potatoes while they are warm, tossing well. Add chopped onion, sliced celery, capers, finely-chopped parsley, dill and, if you like, other chopped vegetables (such as red bell pepper or radish).

Season and chill until ready to serve. Toss in the lightly-steamed fresh green beans before serving.



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